

Headache Cheat Sheet

Dr. Ron Daulton, Jr.



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Hi, I'm Dr. Ron Daulton, Jr.

I've been a chiropractor in Hammond, Indiana for the past 26 years, and I'm also the author of multiple books, including *Get Your Life Back: The Ultimate Guide to Healing a Herniated Disc*.

I created this PDF to help you determine if your headaches may be coming from your neck, and some simple things you can do from home to help relieve the pain.

Whether your headaches are severe right now or you're just trying to stay ahead of it, you'll find practical steps you can begin today.

We'll keep it simple and step-by-step so you know exactly what to do and when.

Let's get started.

If You Need More Help...

My Clinic:

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Video Courses & Books

GET YOUR LIFE BACK:
THE ULTIMATE GUIDE TO HEALING A HERNIATED DISC
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FAST TRACK PAIN RELIEF & LONG-TERM RECOVERY. YOUR STEP-BY-STEP HERNIATED DISC TREATMENT PLAN
DR. RON DAULTON, JR.

THE STEP-BY-STEP HERNIATED DISC RECOVERY ROADMAP
THE PROVEN PROTOCOL TO GET ACTIVE AGAIN, WITHOUT WASTING MONEY ON TREATMENTS THAT DON'T WORK

BALANCE EXERCISES FOR SENIORS MADE SIMPLE
EASY 10-MINUTE FALL PREVENTION EXERCISE ROUTINES TO HELP YOU MAINTAIN YOUR INDEPENDENCE AND REDUCE YOUR FEAR OF FALLING.
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Are Your Headaches Coming From Your Neck?

Not all headaches originate in the head. In fact, many headaches actually begin in the muscles, joints, and nerves of the neck. These are called cervicogenic headaches.

Common Signs of a Cervicogenic Headache:

- ✓ Pain starts in the neck or base of the skull and travels upward
- ✓ Pain moves into the forehead, temple, behind the eye, or side of the head
- ✓ Turning or tilting your head makes the headache worse
- ✓ Neck stiffness or tightness accompanies the headache
- ✓ Pain often stays on one side of the head
- ✓ Sitting at a computer, looking down at a phone, or poor posture triggers symptoms
- ✓ Pressing on certain neck muscles reproduces the headache

Less Common Signs:

- Reduced neck range of motion
- Pain between the shoulder blades
- Headaches that worsen after sleeping in an awkward position

Step 1: Check Your Hydration

Dehydration is one of the most common and overlooked headache triggers.

A Simple Hydration Goal:

Your body weight \div 2 = ounces of water per day

Example:

- 150 lbs = 75 oz
- 200 lbs = 100 oz

Signs You May Need More Water:

- Dark yellow urine
- Dry mouth
- Fatigue
- Dizziness
- Headaches later in the day

Pro Tip:

Start your morning with a large glass of water before coffee.

Step 2: Ice

Calm Inflammation & Numb the Pain

Time Frame

Use ice for 15 minutes every hour you're awake for the first 3 days.

After that, continue icing at least 3 times per day until the pain is gone.

Why Ice, Not Heat?

It's common to hear "apply heat," and that is good in some cases, but if an area is inflamed and causing pain, heat is generally not going to be the best approach.

The injured area is already inflamed and hot. Adding heat pulls in more blood and swelling, which can worsen nerve pressure and pain.

Ice slows the rush of blood, reduces swelling, and numbs irritated nerves, bringing faster relief.

Quick Rules for Ice Relief

- Use real ice, not gel packs. Ice stays cold and effective longer.
- Apply over a thin layer of cloth or a towel.
- Stop when numb or at 15 minutes max. Numbness means you've calmed inflammation; don't exceed 15 minutes.
- Wait 1 hour before reapplying. Keeps skin safe and prevents frostbite.

Where to Place the Ice

- back of the skull and back of the neck

When to Switch to Heat

If you try ice 3–4 times and your pain worsens or doesn't improve, degenerative arthritis may be involved.

In that case, try dry heat (low-medium heating pad or dry sauna), still using the 15-minutes-on / 1-hour-off rule.

Step 3: Use Creaky Bone Balm After Ice for Longer Pain Relief

Time Frame

Use ice every hour for the first 3 days. Once you cut back to icing 3 times per day, apply Creaky Bone Balm to the same area immediately after each ice session. Continue until pain is gone.



Why This Step Helps

Ice calms inflammation, but pain can return once the area warms up. Adding Creaky Bone Balm afterward extends relief. It contains a high dose of CBD, which interacts with your body's own pain-calming chemicals to reduce discomfort and support recovery.

How to Use It

- Choose a high enough strength. 1000mg or 2500mg is what I use with patients (stronger is better for severe pain).
- After each ice session, rub a thin layer on the area you just iced.
- Wait 10 minutes; if you don't feel a change, add another thin layer. Most people need 2–3 light layers.
- Wash your hands well after applying.

Where to Apply

Use it in the same places you use ice: the back of the skull and neck.

Where to Get It

I recommend the original Creaky Bone Balm because of how consistently it helps my patients. You can get a coupon code through my Linktree at <https://linktr.ee/drrondaultonjr> or just scan this QR code:



I've arranged a **20% discount** for my readers there. (If the code ever changes, I'll keep the current one updated at my Linktree.)

Step 4: Fix Your Posture

Your head weighs approximately 10–12 pounds.

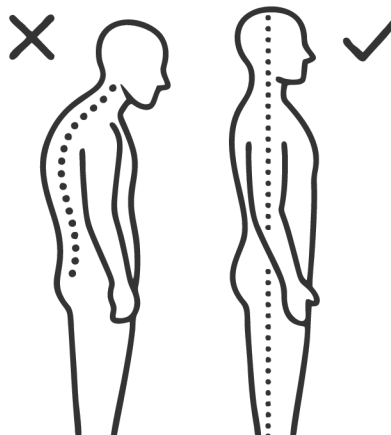
For every inch your head moves forward, the stress on your neck increases significantly.

The Biggest Culprits:

- Cell phones
- Laptops
- Tablets
- Reading in bed
- Long hours at a desk

Quick Posture Check:

Imagine a string pulling the top of your head toward the ceiling. Keep your ears aligned over your shoulders—not in front of them.





Step 5: The Neck Glide

This is one of the best exercises for forward head posture and neck-related headaches.

Purpose: Improve forward/backward neck movement and control, reduce stiffness.

Position:

Sit or stand tall, feet flat, chin level.

Action:

- Slowly push chin straight forward, then pull it back (like making a double chin).
- Keep your head level. Imagine a plate balanced on top.
- Do 2 sets of 10 slow reps.

Tip: Look at a spot at eye level to help keep your head from tipping up or down.



Hold for 20 seconds

Repeat 2 times on each side



Modified Version

Step 6: The Anchor Stretch

Purpose: Restore neck mobility and ease tension across the neck and shoulders.

Position:

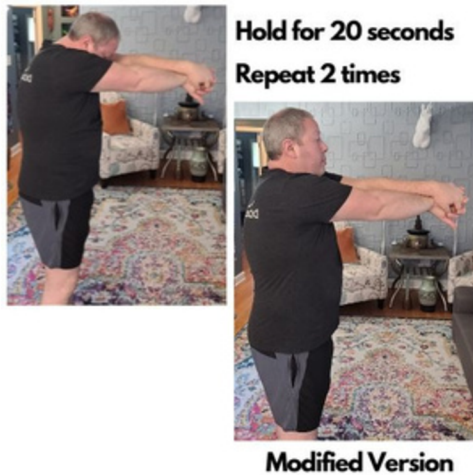
- Stand tall with your back straight.
- Drape a towel over one shoulder, letting it hang down.
- Step on the towel to pull that shoulder gently down and keep it anchored.

Action:

- Slowly tilt your head away from the anchored shoulder.
- Keep your head facing forward (don't rotate).
- Hold for 20 seconds.
- Do 2 sets on each side.

Tip: Don't let the shoulder rise as you tilt. The towel helps keep it anchored.

Modified: If you need more stretch later, gently add pressure with your opposite hand over the head (skip this at first).



Step 7: The Upper Back Stretch

Purpose: Loosen hard-to-reach upper back and shoulder blade area. These muscles attach at the base of the skull, so it will help reduce headache symptoms.

Position:

- Stand or sit tall.
- Turn thumbs downward and interlock fingers in front of your chest.

Action:

- Push arms straight forward, reaching as far as you can.
- Drop your head gently (optional: keep it up if it's uncomfortable).
- Hold for 20 seconds, 2 sets.

Tip: Keep “reaching” throughout the stretch instead of just holding still. The movement deepens the release.

Step 8: Release Tight Suboccipital Muscles

The small muscles at the base of the skull are notorious headache generators.

Tennis Ball Release

1. Lie on your back.
2. Place two tennis balls inside a sock.
3. Position them under the base of your skull.
4. Relax and allow your head to rest on them for 3-5 minutes.

Many people notice reduced headache pressure almost immediately, however, this could also cause soreness at the base of the skull.

If you experience that, only do this exercise 2 or 3 times a week.



Step 9: Take Frequent Movement Breaks

Your neck loves movement and hates being held in one position.

Simple Rule:

Every 30–60 minutes:

- Stand up
- Walk around
- Roll your shoulders
- Perform 10 neck glides

Even a one-minute movement break can help reduce tension buildup.

Common Headache Triggers to Watch For

- Poor posture
- Dehydration
- Stress and muscle tension
- Looking down at your phone
- Poor sleeping position
- Inadequate sleep
- Long periods of computer work
- Jaw clenching or teeth grinding
- Carrying stress in your neck and shoulders

When to Seek Medical Attention

Most cervicogenic headaches improve with conservative care, but seek immediate medical attention if you experience:

- Sudden severe "worst headache of your life"
- Loss of vision
- Slurred speech
- Facial drooping
- Weakness or numbness
- Confusion
- Loss of consciousness
- Headache following significant trauma

Quick Daily Headache Relief Routine

Morning

- Drink a large glass of water
- Neck Glides
- Anchor Stretch
- Upper Back Stretch
- Ice & Creaky Bone Balm

During the Day

- Movement break every 30–60 minutes
- Maintain good posture
- Continue hydration
- Ice & Creaky Bone Balm if necessary

Evening

- Tennis Ball Release (3–5 minutes)
- Repeat the 3 stretches
- Avoid excessive phone use before bed
- Ice & Creaky Bone Balm if necessary

Remember:

Many headaches are actually neck problems in disguise. Improving posture, staying hydrated, restoring neck mobility, and reducing muscle tension can often make a dramatic difference. Consistency is more important than intensity. Small daily habits usually produce the best long-term results.